

THINKING & PRAYING THE LORD'S PRAYER.

(Everyday personal prayer help from Matthew 6:9-13)



Our Father in heaven, hallowed be your name,

Pause. Begin with honour for God in thoughts and words of adoration and worship. Position your heart to be talking to the Holy One, God. *Set Him apart* in your mind from ordinary helpers.

Not only is God the LORD and maker of the universe, he is also our good, good Father. Remember you're talking to your most loving perfect heavenly parent.

your kingdom come, your will be done, on earth as it is in heaven.

Pause. Surrender the 'rule' of your world and pursue God's rule, goodness and will. Remember we are not convincing God to act according to *our* will, but we are aligning ours with his. Certainly we should also think of our desires and needs, and ask for them. Our loving heavenly father knows our desires, and loves to hear us express them back to him in reverence and hope.

Remember, God is very very interested in the things "on earth," after all he created it and placed us in it for our enjoyment and his glory.

Give us today our daily bread.

Pause: Consider that God is totally concerned with both our physical and material needs, our emotional needs, and every single thing that sustains us and makes us happy in him. Jesus intends this "bread" to be his personal presence in our lives, as well as the income and food etc that supplies us.

And forgive us our debts, as we also have forgiven our debtors.

Pause: Growing a genuine personal relationship with Jesus Christ includes humility, openness, and apology. Remember, we don't come to God in a state of perfection, we come in humility looking for peace. Forgiveness is a promise of God based not on our goodness but on Jesus' death and resurrection. So remember you are forgiven, and ensure you forgive others.

And lead us not into temptation, but deliver us from the evil one.

Pause: Many emotions quickly present themselves to us, especially in difficult situations. Choose to think about the impulses you feel. Ask God for the *power* to avoid or to escape unhealthy enticement. Ask God for *rescue* from every bad thing and every evil force in your life.

For yours is the kingdom and the power and the glory forever. Amen.

Pause: Finish with a declaration of what you believe, that God is the rightful owner of everything, the Almighty One, worthy of all of our hearts, minds and bodies. This is our closing conviction and bookend of our prayer. It is the truth we choose to believe and enjoy.

Let it be so!

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*"Encourage one
another daily, as
long as it is called
'Today.'"*

